



How About Feet ?

Foot Comfort
for the
Discriminating

Cantilever!

Beauty
and
Quality

Dutton & Thorowgood,
LTD.

Castle Square, }
84, Western Rd. } BRIGHTON

94, CHURCH ROAD, HOVE

How can you be active

. *if your feet rebel?*

How can you be entertaining

. *if your feet intrude?*

How can you be successful

. . . *if your feet hold you back?*



Forget
Your Feet
in
Cantilevers



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The Flexible Arch of Cantilever Shoes



*The chief point which distinguishes
Cantilever Shoes is the well-known
Cantilever flexible arch.*

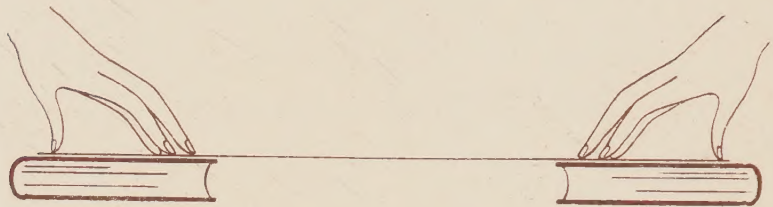
Consider these facts!

- a. The arches of the foot are flexible.*
- b. To keep strong, the muscles of the foot need exercise.*
- c. Under normal conditions, this exercise is provided by the flexible action of the foot.*
- d. Shoes with built-in " props " prevent this flexible action, and deprive the arches of the responsibility of supporting naturally.*
- e. Cantilever Shoes give a bandage-like support. This support is flexible. The foot muscles are exercised at every step. There is no weakening over-support. Through normal usage, the foot becomes strong and healthy in Cantilever Shoes.*

The Secret of (C)

PROVE IT

1. Place a sheet of paper on two books thus :—



2. Place a coin on the middle thus :—



3. Result :—



YET THE PAPER IS

The only difference is that in the latter case, the paper shows you the sole of a Cantilever Shoe at the arch, the Cantilever is "arched" just as the paper was in the lying flat (position 1). You will then understand why

Cantilever Support

YOURSELF

1. Now place the sheet of paper between two books thus :—



2. Place coin on middle thus :—



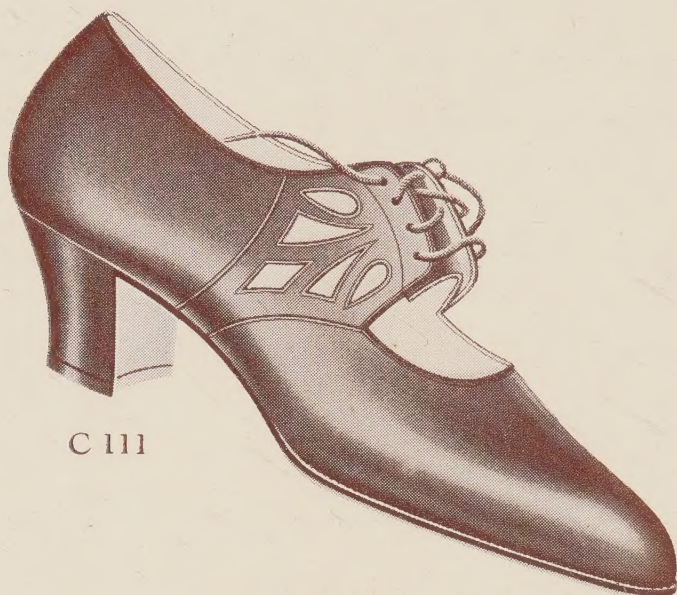
3. Result :—



JUST AS FLEXIBLE

s in a "Cantilever" position and has strength. Let us
also an ordinary shoe. You will notice the sole of
second position and the other shoe's arch is as the paper
arch of the Cantilever "stays up."

New Fashions



C 111



C 112

Simple Foot Exercises

THREE minutes daily, morning and night, devoted to exercising the feet, in addition to regularly wearing Cantilever Shoes, will keep your feet healthy and strong.

1. Rise on your toes and turn your heels out.
2. Come down so that you touch on the outer sides of your feet.
3. Stand with your feet together and roll them over to the outer sides of the feet.
4. Bend the knees outward, raising the inner foot arch and throwing the weight on the outside of the feet.
5. With toes pointed in, walk on the toes, then on the outer edge of the feet.
6. Stand with the feet parallel and clench at the floor with the toes ; try to grasp a pencil with the toes.
7. Roll an empty milk bottle with the feet, while sitting.

These exercises should be repeated ; increase the number of repetitions as the foot gains in strength. When it does recover its " tone " and strength, you will feel younger and happier. No one can look well or feel right with painful feet.

N.B.—In cases of extreme muscular weakness, where the bones have settled down out of position, do not depend upon home treatment : professional treatment is advisable. Consult us for the names of foot specialists.



Cantilever

The Shoe with the Flexible Arch.